



Become a Peak Performer:

***How to Work Less,
Get More Done
and Have More
Fun!***

**May 18, 2010
Seattle**



Featuring Kathy Bote'

Kathy has made a career of
empowering people to become
their own heroes.

She provides practical information
with diverse activities and a hefty
dose of humor. She has over 20
years experience training people
from all over the world.

*"Something about your presentation
"clicked." The best result? Yesterday
my boss told me I was getting a
promotion and a new title. Thanks!" -
Marsha Heeter,
City Exec. Secretary*

*"Kathy is a motivational and exciting
speaker. She inspired me to make a
difference in my professional and
personal life."
Becky Standley*

**Do you have too much to do and
too little time? Are you
surrounded by paperwork and
ever-growing demands? Change
it now!**

Learn surprising approaches that
allow you to get more done while
actually working less.

Learn simple ways to take control of
your work and home while gaining
time for you. Know how to manage
time and get more value from the
hours in your day. And get others to
work with you to accomplish more
with less stress.

Efficiently manage paperwork,
projects, and deadlines. Deal with
interruptions, drop-in visitors, and
time wasters with tact and control.

It's your life! Take control now!

Location: Labor and Industries
315 5th Ave South
Seattle, WA 98104-2607

Time: May 18, 2010
9 AM - 4 PM

Cost: \$97

Payable prior to seminar to
Courage Speaks, LLC
PO Box 1509
Maple Valley, WA 98038
Tax ID # 27-0223330
Checks, Credit Cards, POs accepted

Who should attend:

*Anyone who struggles with
deadlines, demands and the
paperwork, clutter and emails
they bring. Reduce your stress*

*Get organized! Reduce stress,
and get more done in less time.*

*Do it now and enjoy more time
this summer! Life is now, live it!*

Register now!

Online:

[http://www.icsew.wa.gov/calendar/
default.htm](http://www.icsew.wa.gov/calendar/default.htm)

Phone: Gen O'Sullivan
(360) 725-9704

Or contact Kathy Bote'
(425)432-9345
KathyBote@CourageSpeaks.com
www.CourageSpeaks.com

Can't make the training program?
Contact Kathy for personal coaching.
Or to get these results-driven resources:

*"How to Become Your Own Hero by
Working Less, Getting More Done, and
Having More Fun!" Book*

*"Get Organized: How to Do More,
Better, Faster" 4 CD Album*

Cancellation Policy: Please notify at
least 48 hours in advance for refund.